



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div> <div>12:00 LUNCH</div> <div> <div>RESERVATIONS REQUIRED</div> <div>9:30-12:00 24-HOUR NOTICE</div> <div>649-2807</div> </div> <div> <div>Se sugiere \$3.00 de donación por cada comida</div> <div>Para reservar su almuerzo favor de llamar al 649-2807</div> </div> <div> <div>Like us on facebook</div> <div>\$3.00</div> <div>60+ Suggested Contribution</div> <div>GUEST: \$8.00</div> </div> </div>						
Tomato Soup Baked Chicken Steamed Red Potatoes Buttered Steamed Broccoli Dinner Roll Mixed Fruit	Soft Beef Tacos Mexican Rice Refried Beans Lettuce & Tomato Salad Watermelon Cookie	Pork with Zucchini Brown Rice Bread Orange Juice Fruit Cocktail Cookie				
Bistec Encebollado White Rice Beans Steamed Carrots Whole Grain Bread Sliced Peaches	Chicken Fajitas Mexican Rice Refried Beans Sautéed Vegetables Tortilla Diced Pears	ASH WEDNESDAY Cream of Broccoli Soup Veggie Lasagna Sweet Corn Dinner Roll Mandarin Oranges	Sweet & Sour Pork Rice w/Vegetables Spinach & Tomato Salad Salad Dressing Dinner Roll Fresh Banana	Baked Fish Steamed Red Potatoes Creamy Coleslaw Dinner Roll Pineapple Tidbits Cookie	Chipotle Meatballs Mexican Rice Green Salad w/Dressing Tortilla Fruit Juice Fresh Orange	Cream of Potato Soup Beef & Cheese Tostada Lettuce Chopped Tomatoes Mexican Rice Salsa Sliced Peaches
Chicken Paella w/Vegetables Potato Salad Green Salad w/Dressing Wheat Bread Fresh Fruit Cookie	Minestrone Soup Pork Chop Suey Brown Rice Peas and Carrots Bread Pineapple Tidbits	Macaroni with Meat Spinach Salad Mixed Vegetables Breadstick Apple Juice Applesauce	Teriyaki Chicken Leg/Thigh Chinese Fried Rice Oriental Sugar Snap Pea Blend Parsley Buttered Carrots Dinner Roll Fresh Apple	Cheese Enchiladas Mexican Rice Refried Beans Lettuce and Tomato Chilled Apricots Apple Pie	Garlic Chicken Brown Rice Steamed Broccoli & Cauliflower Green Salad Wheat Bread Diced Pears	ST. PATRICK'S DAY Baked Corned Beef Brisket Mashed Potatoes Red Cabbage Slaw Mixed Fruit Rye Bread Cookie
Chicken Stew w/Carrots & Potatoes Brown Rice Fresh Salad Fresh Cantaloupe Cookie	Barbacoa Mexican Rice Refried Beans Buttered Corn Corn Tortilla Fresh Banana	Vegetable Soup Chicken Parmesan Garlic Buttered Penne Pasta <i>Herb-Marinated</i> Tomato Salad Wheat Bread Diced Pears	Roast Pork Mashed Sweet Potato Spinach Salad Wheat Roll Diced Apricots	Soft Fish Tacos Mexican Rice Beans Shredded Lettuce & Tomato Fresh Watermelon Cookie	BBQ Boneless Pork Rib Mac & Cheese Baked Beans Pineapple Juice Whole Grain Dinner Roll Sliced Peaches	Chicken Salad Sandwich Rainbow Pasta Salad w/Onion, Tomato, Bell Pepper & Cilantro Wisconsin Vegetables Mandarin Oranges Cookie
Glazed Ham Slice Baked Sweet Potato Mixed Vegetables Wheat Bread Fresh Orange Cookie	Steak Fajitas Brown Rice Beans Sautéed Red Peppers Corn Tortilla Mixed Fruit	Chicken Stir-Fry w/Cauliflower White Rice Wheat Bread Fruit Juice Fruit Cocktail	Cream of Broccoli Soup Pub Burger Sautéed Onions Whole Wheat Bun Mashed Potatoes Chilled Peaches	Swiss Broccoli Pasta Quinoa Salad w/Black Beans Onion, Tomato & Cilantro Breadstick Fresh Fruit Birthday Cake	Chicken Marsala Baked Potato Sour Cream Italian Vegetable Blend Wheat Bread Pineapple Tidbits	Whole Grain Spaghetti Meatballs Spinach Salad Grape Juice Italian Bread Fruit Cocktail

Word Search for Adults

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

Words may be horizontal, vertical, diagonal, or backwards.

www.eatright.org

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

A	N	Y	A	M	A	I	N	I	H	C	C	U	Z	A	P
T	L	E	B	A	S	I	L	M	G	E	I	S	I	H	A
E	L	M	T	M	O	C	E	N	U	T	M	E	G	Y	P
F	I	B	O	I	U	A	W	U	L	B	O	F	M	U	R
U	D	I	K	N	E	S	R	I	F	Q	S	K	E	T	I
T	S	O	R	R	D	N	H	E	T	U	H	I	R	Q	K
O	H	P	A	P	E	K	O	R	A	I	M	W	H	E	A
M	I	Q	G	R	A	V	L	E	O	N	B	I	D	S	R
A	M	R	A	D	I	S	H	M	B	O	N	A	Y	E	W
T	L	T	V	E	R	I	T	A	S	A	M	Z	R	E	T
I	B	A	S	A	W	E	Q	T	M	U	C	E	K	H	O
L	E	S	L	O	U	G	H	Y	R	Z	T	P	I	C	A
L	R	J	I	C	A	M	A	M	I	S	L	E	T	S	M
O	T	W	O	R	N	U	E	G	B	H	I	Q	E	S	S
T	C	A	U	L	I	F	L	O	W	E	R	I	R	I	G
Q	T	H	R	E	E	P	L	M	O	U	S	K	O	W	G
G	U	M	B	O	L	V	A	N	I	L	L	A	Y	S	E

